

# A Review of Social and Mental Well Being of Women Recovered from Covid-19

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**Abstract:** COVID-19 impacted and affected the whole world with its Pandemic crisis. It not only affected the physical health of the individuals but also their emotional and social, mental health. Women are more vulnerable because of their low immune system, low social and weak emotional wellbeing. Therefore, this paper attempts to assess the social and mental well-being of the women affected with Covid 19 virus. The researcher has tried to understand the effects of Covid 19 on women's mental health and the used well-being coping mechanisms. Since the Covid 19 was a communicable disease, therefore this study has also explored the social well being of the women affected by Covid 19. Study reveals that the affected women were not only devastated with their physical health but were badly affected with their emotional, mental and social well being. Researchers also review the ways and means used to deal with psychological problems of the women recovered from COVID-19.

**Key Words:** Mental- Social well-being, Covid-19, Communicable Disease, Protective Variables.

## 1. INTRODUCTION :

According to WHO the worldwide epidemic of COVID-19 gave its initial indication in 2020, after which the virus was first found in China, According to WHO The infection started gradually growing around the entire globe, with deadly consequences. During 183 days, millions of individuals worldwide became affected, with approximately 50 lakh people dead (WHO,2020). There was no treatment or vaccination for such infection. The effects of COVID-19 epidemic has been very deep not only on the physical level but also on the mental level. Almost every single element of contemporary existence, whether it is economics or, tourism, legislation, spirituality, academia, or even global issues have been affected, Peoples daily life had already been significantly harmed during this epidemic, because normal socializing was prohibited, people could not socialize, in a way, social life was completely gone. These surprising or unusual lifestyle upheavals and difficulties raise concerns about individuals mental health. (Greenberg.et al.,2020)

Apart from this, there can be many reasons for fluctuation in the emotional outburst of women who have recovered or partially recovered. The possibility of serious impact on mental health due to pregnancy, miscarriage, lactating mothers, any other genetic disease, violence by their partner cannot be ruled out in women who have recovered during COVID.

COVID-19, an extremely spreading viral illness produced by SARS-CoV-2, having a disastrous consequence upon the planet demography, culminating in about Six billion fatalities globally beginning in March 2022 (Casella,2022). Another research revealed under the title "COVID- 19 epidemic: address mental health care to empower society" that there are certified figures of total deaths in many countries of the world, along with this there are some countries in which the certified figures related to total deaths have not been documented. Viral infection epidemics, like COVID-19, are related with cognitive disturbance and signs of behavioral disorder (Bao.et.al.,2020). It is a contagious diseases which can also spread due to social behavior, therefore mental health professionals need to identify their symptoms and focus on management options. This refers to the main mental and social consequences of the continuing COVID-19 epidemic, which has resulted in the longest worldwide catastrophe since World War II (Holmeset.al.,2020).

The epidemic of virus infection is a huge global medical problem throughout the globe. Less is documented regarding the influence of this virus epidemic on overall demographic psychological wellness (Ma et.al.,2020). The negative effects of this disease can be seen immediately at the physical level, but at the mental level its effects can be long term. People were advised to social isolate oneself due to the transmission of illness throughout the COVID-19 epidemic. The purpose behind driving this societal separation was physical disconnection, psychosocial health, and physical wellbeing. Societal separation, and psychosocial wellness used a representative number of women's all over the world (Oosterhoff et.al.,2020).

Social separation, psychological health, and societal health might be particularly essential for women's who might be danger for favorable mental impacts from COVID-19 socially separation. This social isolation puts women in a situation where they are more likely to develop various mental problems like stress and depression. This review, which focuses solely on the mental and emotional impact of the COVID-19 deadly virus on will thus help to educate where mental health treatments, as well as institutional and comprehensive efforts to enhance this demographic mental health, should be directed in order to promote mental health.

That is a conceptual analysis to offer a complete review of this wide issue in a timely manner appropriate for an emerging pandemic. Covid-19 has affected the lives of women who have recovered, the social and mental health o post-Covid-19 in those women should be reviewed so that it important to understand the consequences of these effects of the pandemic, and help to policy makers to plan for future waves and future pandemics.

## **2. Objective of the Review**

The purpose of this study is to determine the social and mental health impact of the COVID-19 pandemic, especially women's are more sensitive to social well being and mental trauma.

- To highlight the aspect of mental health and social health.
- The purpose of this study is also to identify the risk related with mental health and social well being of women.
- Evaluate the reasons affecting women's mental and social well beings.
- To focus attention on protective variables and the need for the relevance of mental health treatment.`

### **2.1. Impact of the Social and Mental Health**

Women diagnosed with COVID-19 must have faced many difficulties in resuming normal social life. Several nations have voiced rising awareness regarding interpersonal violence after governments limited traveling to stop the transmission of COVID-19 (Taub,2020). World Health Organization has briefly spoken on that due to the COVID -19, a situation of social isolation has arisen, the effects of which have been unstable income and due to the burden of taking care of one's family, violent tendencies have started to flourish in humans and rage begins to surface in low-income households. In such houses, despite being cured of corona, women had reached a state of social and mental depression due to being victims of domestic violence.

Due to the prevalence of domestic violence and the physical illness, neurological disease, and death as well as the physical illness, neurological disease, and death that are associated with it, classifying domestic abuse is a challenge for global health and mental well-being (WHO,2013). The examination of the influence of long-term COVID consequences on social life should take into consideration the special qualities that render women prone to health-related disorders (Connor et.al.,2020).

### **2.2. Risk Related with Mental Health and Social Well-Being of Women.**

"COVID-19 and mental health during pregnancy: The importance of cognitive appraisal and social support" it is stated under the above title that its consequence, these effects may have an impact on how women respond to problems or adjust to conditions. In reversal, women's conduct may have an even greater effect on their self well-being and their outer surroundings, illustrating the complex existence of intellect, behavior, and ecological consequences (Khoury et.al.,2021). Furthermore COVID-19 global epidemic, the mental consequences of persistent tension in the overall demographic, and the increased incidence of multiple psychological health diseases in needy people will put additional burden on the present medical care mechanism. It might very well as well effectively stop numerous individuals from trying to return to ordinary life once the personal risk of respiratory infection has passed. The interruption of a regular life as a consequence of an administration shutdown or stay-at-home order has had a substantial influence on the sensitive person's psychological wellbeing (Nicole et.al.,2020).

As he said, it is not just women but the entire population that has been affected by this pandemic. Which will have an impact on the psychological health of the entire population, including women, which will hinder them from re-entering their normal lives.

Another research mentioned under the title of “Mental health before and during the COVID-19 pandemic: a longitudinal probability sample survey of the UK population” that the prior to discussing how domestic violence and mental illness are related over time after recovering from COVID-19, it is important to establish some ground rules to avoid adding to the stigma. But there is incorrectly connected to mental illness. First, despite the fact that there is a link between mental illness and violence when using a spontaneous sample of data collected prior to the flu epidemic, we initially revealed that diagnoses of mental health are significantly correlated with improvements in prevalence. A month after lockdown measures were implemented in the UK, psychological distress was 50% higher than it was before the deadly epidemic (Pierce et.al.,2020)

However “The psychological impact of quarantine and how to reduce it: rapid review of the evidence” that some other fast evaluation found that pressures such as protracted quarantine, worry of infections, negativity, fatigue, insufficient resources, insufficient communication, economic damage, and discrimination caused long-term stressful life events commonly cause anxiety disorders, bewilderment, panic and anger in the lives of women who recovered from COVID-19 (Brooks et al.,2020). Despite that the mental components of COVID-19 remain unknown, past research indicates that viral epidemics have a negative impact on the cognitive wellness of individuals, those may suffer depression, panic, and a loss of optimism due to uncertainty in medication and medical outcome. Additionally, even prior to the start of the epidemics, individuals and populations may have co-existed with a variety of mental health issues. (Hossain et.al.,2020).

And the kind of situation that prevailed during COVID was terrifying for the whole world it will be very difficult for humans to handle their emotions during this pandemic, Especially those women who have already been a victim of depression or sadness.

World Health Organization says that throughout the epidemic, psychological healthcare services have faced significant problems. According to a 2020 WHO poll, COVID-19 has interrupted or suspended key psychological health treatments in 93% of nations globally. despite rising need for psychological healthcare (WHO,2020).

### **2.3. Reasons Affecting Women’s Mental and Social Well-Beings**

In this descriptive review article, we used a systematic method to summarize the of mental disorders diagnosis in women’s who recovered from COVID-19 using accessible publications collected from Google Scholar. The prevalence, percentage, or rate of mental health issues found in studies of women or groups affected by COVID-19 is known as the demographic load of mental illnesses.

Furthermore, significant variables linked with those disorders are outlined in order to reveal both social and mental factors while also indicating epidemic stress variations depending on differences in those factors. Finally, we reviewed how existing social, mental findings may drive research efforts, policy making and interventions to strengthen worldwide mental health. During the Covid-19 epidemic, the status of ordinary women deteriorated rapidly, exacerbated by official indifference and unequal treatment based on cultural ideas. The objective of this research is to investigate how commonly COVID-19 affects various aspects of mental life in women recovering from prolonged COVID-19 illness.

Research under the title of “Stigma, guilt and motherhood: Experiences of pregnant women with COVID-19 in Brazil” that the people started addressing women who have recovered from COVID -19, like COVID positive, suspicious, quarantine etc. These precise phrases and vocabulary used to describe coronavirus infection have a negative influence on persons and foster negative views and attaches a stigma to those women. Stigma can damage social cohesiveness and lead to collective social separation, which may promote a condition in which the infection spreads faster, not less. This can lead to more serious health issues and difficulty in managing a disease epidemic, which is like this.

- Stigma might cause individuals to cover up their condition in order to escape prejudice.
- Dissuade them from getting emergency medical attention;
- Dissuade them from practicing good habits (Freitas-Jesus,2022)

According to Whitaker women’s health difficulties and inequities throughout COVID-19 were entrenched in their social. People’s concept of individuality is based on their societal norms, and each individual builds his or her identification and behavior based on their social duties and if this identity becomes associated with stigma, it can lead to mental instability.

Specially expecting women are influenced not just by pregnancies, as well as outside circumstances which may have affected their life throughout the Covid-19 epidemic, which may also including limits on social interactions (Whitaker et.al.,2021).

## **2.4. Protective Variables of Mental and Social Well-Being**

This research builds on earlier research by identifying the risk and protective variables related to the mental and social well-being of women from this epidemic. Due to COVID, economic hardship, potential risk, and perception of social stigma appeared as recurrently favorable relates of personality disorders throughout side effect contexts of anxiety, distress, fear, etc. meditation was found to be a preventive measure (Sun,2021). Concluded that variables connected to lifestyle, sustaining work-related obligations, whether they be in-person or web-based, exercising frequently, and not having a history of mental or physical illnesses are defensive characteristics of mental health. Last but not least, those who had been obtaining cognitive behavioral therapy guidance showed stronger mental health. And the findings suggest that engaging in regular exercise, limiting the amount of COVID-19 knowledge that is consumed, and putting psychological wellness support initiatives in place could mitigate negative effects on psychological well-being throughout the COVID-19 epidemic (Pellerin, N., & Raufaste, E. 2020). Only within those who have prior psychological wellness treatment did risk management and optimistic thinking appear to be safety techniques that may have decreased the likelihood of displaying depressive disorder or nervousness. Policy measures that attempt to improve the performance of life must provide emotional guidance to susceptible people as well as guidelines focused on systematic facts (Ferreira,2021).

## **3. Methodology:**

A purposive assessment was done to gather information on the pandemic primary and secondary effects on social and mental health and present a review among the most prominent effects so far with mental well being of COVID-19 recovered women's. Research articles and media articles, as well as peer-reviewed publications, have been considered adequate evidence in order to observe fast moving changes. Article released between 2013 to 2020 was considered if it addressed the direct or indirect significant affect of the COVID-19 epidemics on psychological health and social well-being The writers wrote descriptive

The present study is a comprehensive evaluation of the current evidence on COVID-19-related mental health including social well beings. In this descriptive review article, we employed a methodical approach and accessible publications gathered from Google Scholar to provide a concise overview of the of mental health disorders in COVID-19.

The rapid spread, and percentage, of psychological disorders found in research of COVID -19 recovered women's or groups affected by COVID-19, is known as the demographic load of mental illnesses. Furthermore, significant variables linked with those disorders are outlined in order to reveal both social and mental factors while also indicating epidemic stress variations depending on differences in those factors. Finally, we reviewed how existing social, mental findings may drive research efforts, policy making and interventions to strengthen worldwide mental health in the face of the COVID-19 epidemic and other public health care.

## **4. Discussion:**

COVID-19, as a transmitted illness and now a worldwide public health emergent situation, poses a distinctive issue to our medical healthcare and community care personnel, disrupting not only their regular working obligations however also their social surroundings (Mitchell, et.al.,2020). Our review sought to determine when specific categories were more exposed to poor psychological health results throughout this pandemic COVID-19. We identified significant indications that nursing staff may be more risky than physicians (Lai et.al.,2020). Another research says that it is crucial to highlight that while all research was decomposed by gender, the majority of participants were female, which may have influenced the conclusions. Men had a continuously higher number of deaths and risk of serious COVID-19 illness, suggesting that the overall picture of genders and psychological health throughout this epidemic is lacking (Ortolan et.al.,2020).

“Mental health consequences during the initial stage of the 2020 Coronavirus pandemic (COVID-19) in Spain” that this conclusion is also similar with emerging research demonstrating that isolation is a key factor in the reported psychological health consequences of the COVID-19 epidemic, isolation is a significant factor in psychological health outcomes leading to worsening mental health conditions (González-Sanguino et al., 2020). And present COVID-19 epidemic has resulted in societal shame and prejudiced actions toward COVID recovered women's or any group as well as everyone suspected of having come into association with the infection. (Bagcchi,2020). Even during the quarantine phase, sick persons, along with certain treated individuals are isolated from physical interaction, which may raise the likelihood of psychiatric problems. Due to the danger of infection and societal isolation requirements, several rehab programs have refused to admit individuals recuperating from the illness. However, the research reveals that, while indicators of social and mental health exist, they are really not perfect, and circumstance can indeed influence any factor inside the appearance of unfavorable social and mental health outcomes.

## 5. Recommendation:

Covid-19 individuals recover from the effect but there may be some long-term consequences that the cured patients may have to face. As a result of this research, we suggest some specific suggestions for protecting COVID-19 healed individuals from the consequences of this sickness. These suggestions are as needs to follow:

- Individuals who have been cured from COVID-19 must be handled with extreme caution.
- It is very important to know that the cured patients should not be stigmatized or isolation
- Significant initiatives should be made to raise awareness about this illness among those who are recuperating.
- Mediation is recommended on such a regular basis for healed women's so that they do not lack confidence or remain psychologically powerful.
- To decrease the mental load, rehabilitated individuals must be welcomed to communicate their emotions regarding the therapy, isolation, illness signals, as well as overall feeling.
- Strict monitoring should be done to ensure the safety of people's lives as well as those who have recovered.
- House screening tests may assist healed persons in improving overall nutrition or exercise practice.
- Relatives of cured individuals must be taught empathize practices in order to connect to and interact with patients through multiple talks.
- It is recommended to do yoga to fight the social and mental stress caused by this disease.
- Who have rehabilitated must be encouraged to work together with investigators who are collecting data for health status.

## 6. Conclusion:

Mental health professionals worldwide must be conscious of such symptoms, their correlations, and management options that address both the requirements of particular groups. (Yang et.al.,2020). Speedy but rigorous data collecting to assist healthcare decision-makers is critical, and the WHO encourages quick assessment in such cases. In this study, a current action appeal for psychological health scientists throughout COVID-19 suggests doing discover to find therapies that may be administered throughout epidemic settings to reduce mental well-being decline and promote mental health. This request to action said that tailored mental techniques are expected to play an important role. (Holmes et.al.,2020). COVID-19 epidemic was connected with reduced psychological health, which indicated sadness. Recommendations for enhancement will be put into action in order to boost psychological health among women, the jobless, and the professional community. People aged 50 and up experienced increased day-to-day variance in their mental health. Married women with poor mental health should be given extra care. The findings will assist physicians and governments determine where to undertake steps to enhance people's psychological health throughout and throughout the epidemic (Atmuri et al.,2022). World Health Organization also Explain that the COVID-19 has also having a significant influence on the overall demographic and psychological health, and especially on the mental health of disadvantaged groups including the psychologically disorder, frontline medical professionals, the youth, the aged, and those disadvantaged by socioeconomic status. It is critical to recognize these repercussions for the most vulnerable, as well as the enormous burden on women who recovered from COVID-19, and to identify healthcare system weaknesses throughout times of need. Provided the likelihood of forthcoming COVID-19 signals and conceivably future epidemics, governments must ensure that concise rules, appropriate interaction streams, and strategic processes are in place now just to help relieve the impacts of the global epidemic emergency and the successive constrictive procedures, thereby psychological health also preserving a concentrate on individual and empathetic care (WHO,2020).

Most of the COVID-19 recovered women's are experiencing stress for several weeks and this usually disappears within a short period, but the psychophysical symptoms including depression, fear and anxiety may persist for a longer time. We contend though that improving mental health and social well-being adaptability inside a customized way could be useful in shielding our health-care and social- services employees from negative mental health consequences, We believe that a comprehensive solution to mental health is necessary, including depending on specific as well as healthy reforms to establish a balanced, safe, and supportive work environment. More study combining social and psychological care professionals and an assessment of major cultural structural variables is advised. well-being and support mental health, this call to action advice.

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